



Costco Printable Grocery List Plan #4

Meats

- ☐ 1 - 6 pack chicken breasts, about 6 lbs. \$20.99
- ☐ 1 - 6 pack chicken thighs, about 6 lbs. \$21.31
- ☐ 1 - 15 ct. chicken apple sausage \$13.99
- ☐ 1 package stew beef, about 4 lbs. \$15.04
- ☐ 1 package pork chops, 8 count \$15.44

Produce

- ☐ 1 - 8 lb. bag white onions \$6.59
- ☐ 1 - 6 pack peppers, multi color \$6.49
- ☐ 1 - 5 lb. bag baby carrots \$5.49
- ☐ 1 - 8 lb. bag sweet potatoes \$5.99
- ☐ 1 - 15 lb. bag gold potatoes \$7.99
- ☐ 1 - 5.5 lb. tray of apples \$7.59
- ☐ 1 - 24 oz. box of sliced mushrooms (optional) \$3.69

Freezer/Pantry Staples

- ☐ 1 - 5 lb. bag frozen corn \$5.99
- ☐ 1 - 12 pack of chicken broth, 16 oz. each \$9.99
- ☐ 8 pack diced tomatoes, 15 oz. cans \$6.29
- ☐ 8 pack black beans, 15 oz. cans \$6.79
- ☐ 2 pack BBQ sauce \$5.99

Total Cost \$161.96

Grocery Store & Pantry Supplies

- | | |
|--|--|
| <input type="checkbox"/> 2 - 15 oz. cans coconut milk | <input type="checkbox"/> Curry powder |
| <input type="checkbox"/> Fresh rosemary sprigs | <input type="checkbox"/> Italian seasoning |
| <input type="checkbox"/> Brown sugar | <input type="checkbox"/> Ground cumin |
| <input type="checkbox"/> Lime juice (for the apples) | <input type="checkbox"/> Garlic powder |
| <input type="checkbox"/> Tortillas or tortillas chips, for soup garnish | <input type="checkbox"/> Salt |
| <input type="checkbox"/> Shredded cheese or sour cream, for soup/stew garnishes - optional | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> 1 - 15 oz. can diced tomatoes (<i>this is in addition to the Costco 8 pack</i>) | |

Leftover Ingredients (\$19.56)

BBQ sauce, 1 + 1/2 bottle	\$4 worth	6 boxes of broth	\$5 worth
4 cans black beans	\$3.39 worth	about 4-5 lbs. potatoes	\$2.67 worth
Frozen corn	\$3 worth	2 onions	\$1.50 worth

Estimated Cost After Leftovers \$142.40

(with a few dollars left to get the coconut milk & rosemary from the grocery store!)



20 Meals from Costco for \$150 - Plan #4

Slow Cooker Freezer Pack Edition

by \$5 Dinners

Recipes:

- Slow Cooker Chicken with Apples & Rosemary
- Slow Cooker Pork Chops with Apples & Sweet Potatoes
- Slow Cooker Sweet Potato Chicken Curry
- Slow Cooker Italian Chicken
- Slow Cooker BBQ Chicken & Potatoes
- Slow Cooker Sausage, Peppers, Onions
- Slow Cooker Italian Stew Roast
- Slow Cooker Beef Stew
- Slow Cooker Chicken Tortilla Soup
- Slow Cooker Chicken & Sausage Stew



Recipes with Ingredients Breakdown

Slow Cooker Chicken with Apples & Rosemary

Ingredients:

- 1 chicken breast, 2-3 chicken thighs
- 3 apples, peeled and sliced
- (lime juice)
- ½ onion, diced
- 2 rosemary sprigs
- Salt and pepper

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

Assembly Instructions

Add all ingredients to the pack, in the order they were listed. Remove as much air as you can or vacuum seal the pack. Freeze up to 6 months in a refrigerator freezer, or 12 months in a deep freezer.

Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight, or in a bowl of warm water for about 30 minutes. If the pack is partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

Side dish suggestion

I would serve this with some brown rice or warm bread.

Slow Cooker Pork Chops with Apples & Sweet Potatoes

Ingredients

- 4 pork chops
- 2-3 sweet potatoes, peeled and quartered
- 3 apples, peeled and sliced
- ½ onion, diced
- ¼ cup brown sugar
- 3 Tbsp balsamic vinegar (optional)
- Salt and pepper

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

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Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight, or in a bowl of warm water for about 30 minutes. If the pack is partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

Side dish suggestion

I would serve this with some brown rice or warm bread.



Recipes with Ingredients Breakdown

Slow Cooker Sweet Potato & Chicken Curry

Ingredients

- 1 chicken breast, 2-3 chicken thighs
- 3 sweet potatoes, peeled and quartered
- 2 cups baby carrots
- 1 small onion, chopped
- 15 oz. can light coconut milk (grocery store)
- 1 Tbsp curry powder
- 1 tsp garlic powder
- Salt and pepper

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

Assembly Instructions

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Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight, or in a bowl of warm water for about 30 minutes. If the pack is partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

Side dish suggestion

This one-dish meal doesn't need a side dish, unless you want to add one. I would suggest a simple green salad or broccoli.

Slow Cooker Italian Chicken

Ingredients

- 1 chicken breast, 2-3 chicken thighs
- 3 potatoes, quartered
- 2 cups baby carrots
- 1 15 oz. can diced tomatoes
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

Assembly Instructions

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Cooking Instructions

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Side dish suggestion

This one-dish meal doesn't need a side dish, unless you want to add one. I would suggest a simple green salad or broccoli.



Recipes with Ingredients Breakdown

Slow Cooker BBQ Chicken & Potatoes

Ingredients

- 1 chicken breast, 2-3 chicken thighs
- 1 pepper, diced
- ½ onion
- 3 potatoes, sliced
- BBQ sauce

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Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight, or in a bowl of warm water for about 30 minutes. If the pack is partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

Side dish suggestion

A simple green salad, some broccoli or a chunk of warm bread.

Slow Cooker Sausage, Peppers, Onions

Ingredients

- 5 sausage links
- 1 pepper, sliced
- 1 onion, sliced
- ½ 15 oz. can diced tomatoes
- Salt and pepper

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

Notes: Mix 2 peppers of different colors between the 2 packs split 1 can of diced tomatoes between the packs.

Assembly Instructions

Add all ingredients to the pack, in the order they were listed. Remove as much air as you can or vacuum seal the pack. Freeze up to 6 months in a refrigerator freezer, or 12 months in a deep freezer.

Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight, or in a bowl of warm water for about 30 minutes. If the pack is partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

Side dish suggestion

I would serve this with some warm bread or brown rice.



Recipes with Ingredients Breakdown

Slow Cooker Beef Stew

Ingredients

- ¼ of the stew beef, about 1 lb.
- 3 potatoes, quartered
- 2 cups baby carrots
- 1 15 oz. can diced tomatoes
- 1 cup sliced mushrooms, optional
- 3 cups broth
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

Assembly Instructions

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Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight, or in a bowl of warm water for about 30 minutes. If the pack is partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

Side dish suggestion

This one-dish meal doesn't need a side dish, unless you want to add one. I would suggest a simple green salad or broccoli.

Slow Cooker Italian Stew Roast

Ingredients

- ¼ of the stew beef, about 1 lb.
- 1 onion, quartered
- 3 potatoes, sliced
- 2 cups baby carrots
- 1 cup sliced mushrooms, optional
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

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Side dish suggestion

This one-dish meal doesn't need a side dish, unless you want to add one. I would suggest a simple green salad or broccoli.



Recipes with Ingredients Breakdown

Slow Cooker Chicken Tortilla Soup

Slow Cooker Chicken & Sausage Stew

Ingredients

- 1 chicken breast, 2-3 chicken thighs
- ½ onion, chopped
- 2 cups frozen corn
- 1 15 oz. can diced tomatoes
- 1 15 oz. can black beans
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- 1 quart Chicken Stock or Broth

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

Assembly Instructions

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Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight, or in a bowl of warm water for about 30 minutes. If the pack is partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

Side dish suggestion

Garnish with tortilla chips & shredded cheese. I would serve this soup with a side of rice, and if you want to go all out...refried beans too!

Ingredients

- 1 chicken breast
- 2 ½ sausage links, sliced
- ½ onion, chopped
- 1 15 oz. can black beans
- 1 15 oz. can diced tomatoes
- 1 pepper, chopped
- 2 cups broth
- 1 tsp garlic powder
- Pepper

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Side dish suggestion

I would serve this with a chunk of warm French bread or brown rice.